

# PLAY BOOK

CONFIDENTIAL

SUPER PLAY ACTION  
**FOOTBALL**™



# C O N T E N T S

DEFENSIVE PLAYS .....	3
RUNNING PLAYS .....	10
PASS PLAYS .....	16
OPTION PLAYS .....	24

## SYMBOLS USED IN THIS PLAY BOOK

### OFFENSE

- ..... MOTION (Before Snap)
- | PASS ROUTE
- ..... LONG SNAP
- | RUN DIRECTION
- | QUARTERBACK'S ROUTE
- QUARTERBACK
- RUNNING BACK
- RECEIVER

### DEFENSE

- LINEMAN
- △ LINEBACKERS
- DEFENSIVE BACKS
- ↕ BLITZ
- △ MAN TO MAN COVERAGE
- ↑ ZONE COVERAGE

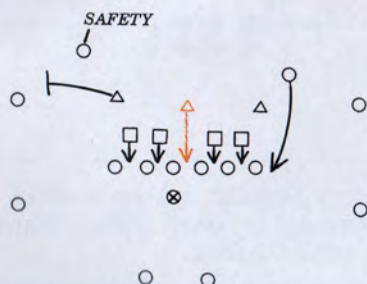




# PLAYING DEFENSE

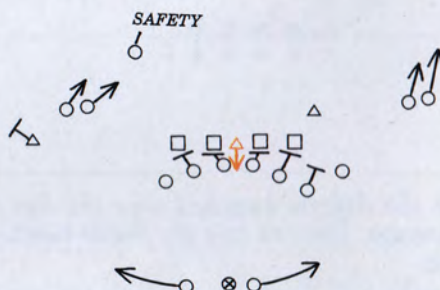
A strong defense is the backbone of any great team, so study these plays carefully. This diagram of the "Safety Surprise" play will help you read the other defensive plays in this play book.

1



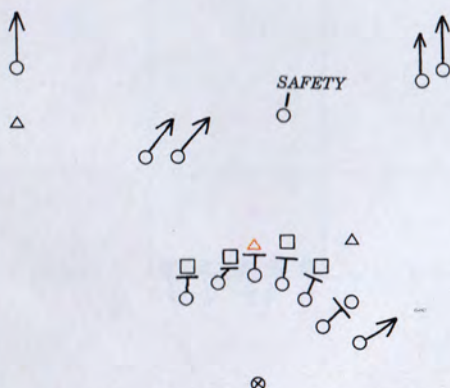
*Quickly select the free safety using the Right Button before the ball is snapped and get ready for action.*

2



*Keep an eye on the Radar Screen so you can defend against the run or pass.*

3



*Don't abandon your assigned zone of pass coverage to help one of your teammates because...*

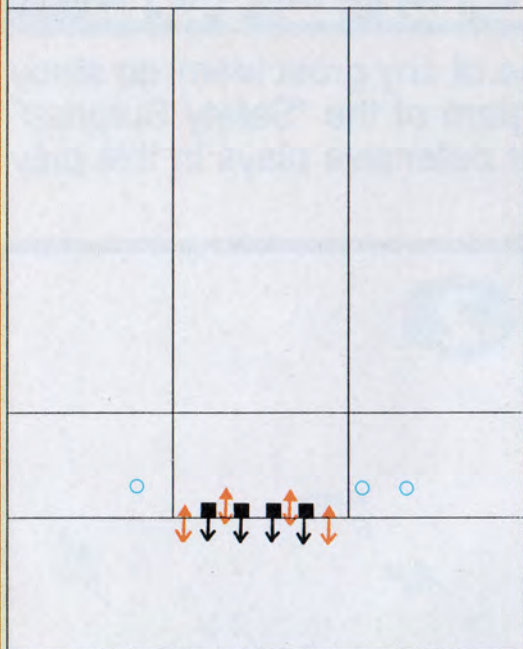
4



*...an experienced player will fly down the sideline for an easy Touchdown!*

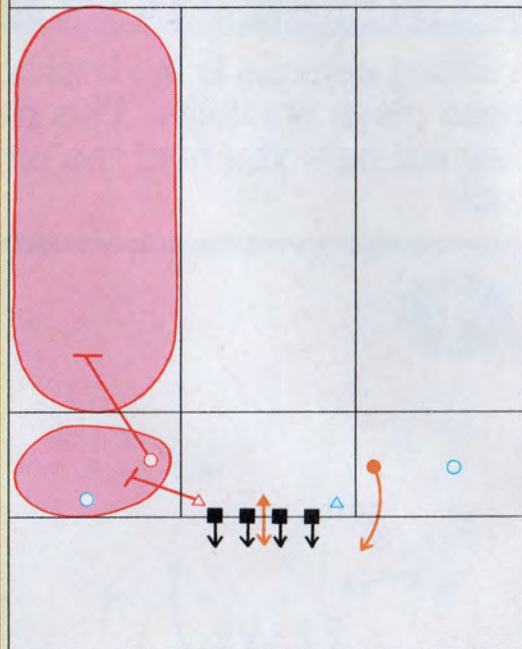


### 4-4 CHARGE RIGHT



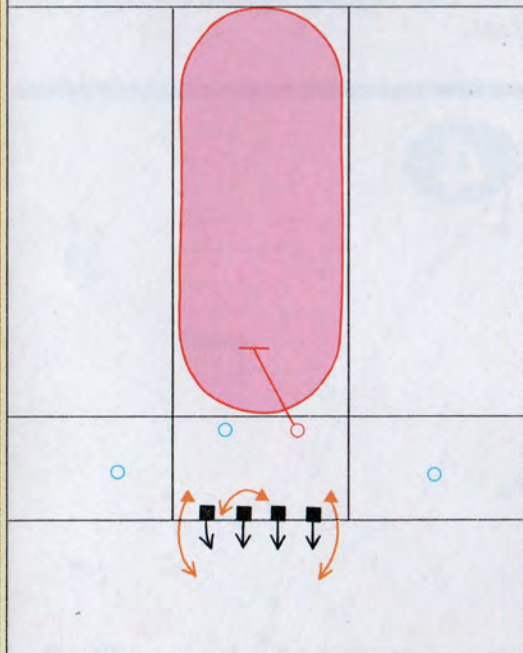
*With the defense bunched near the line of scrimmage, you can stop the inside running game.*

### 4-3 SAFETY SURPRISE



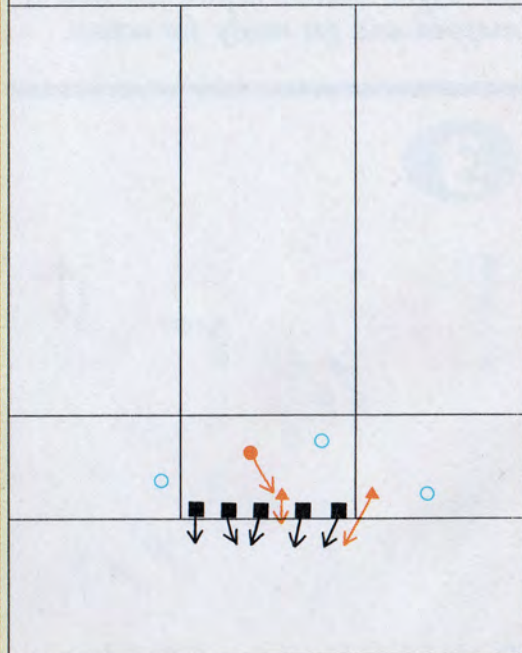
*The Safety Surprise can be a shock to a team planning to sweep right. Watch for passes over the middle.*

### 4-3 OUTSIDE BLITZ



*You can put pressure on the quarterback, but a quick run through the middle could go for a big gain.*

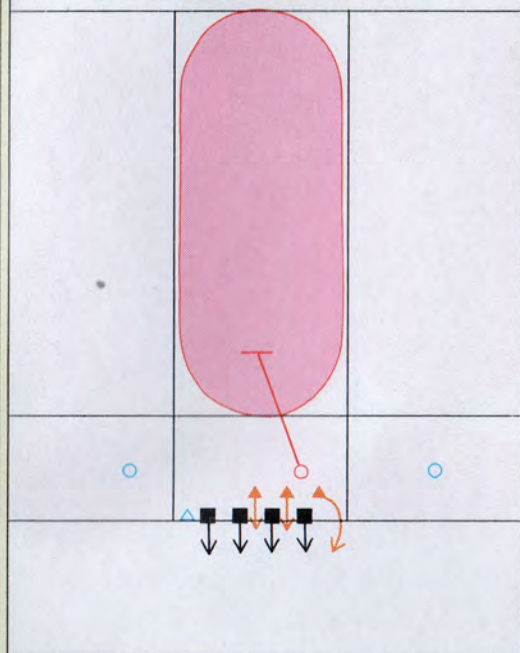
### 5-2 SAFETY BLITZ



*The Safety Blitz could put some unexpected pressure on the quarterback, but look out for the long bomb.*

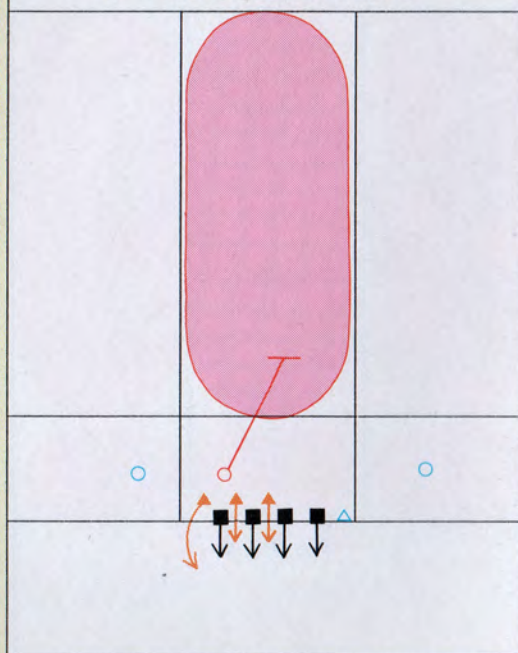


### 4-4 STACK RIGHT



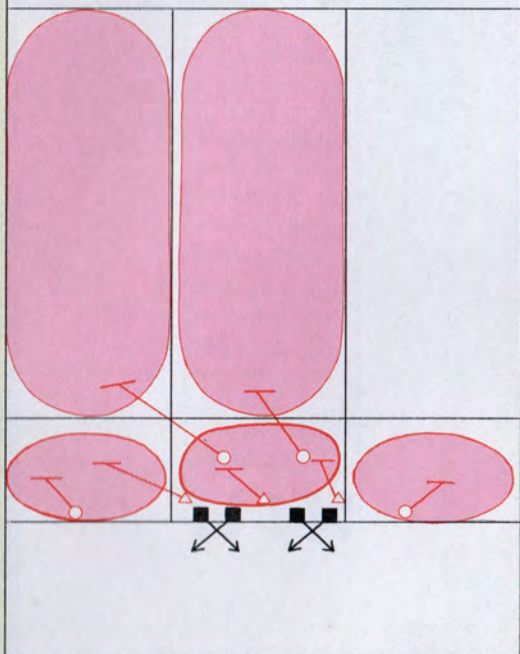
*Stack Right is an effective play against first down runs. Use the safety to rove the defensive backfield.*

### 4-4 STACK LEFT



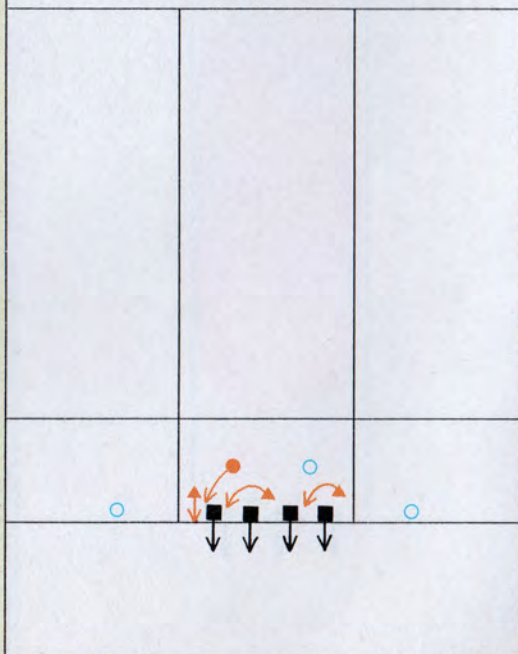
*Similar to Stack Right, this play defends the sweep well but is vulnerable to sideline passes.*

### 4-3 LINE STUNT



*The Line Stunt defends most plays well except for a long pass along the right sideline.*

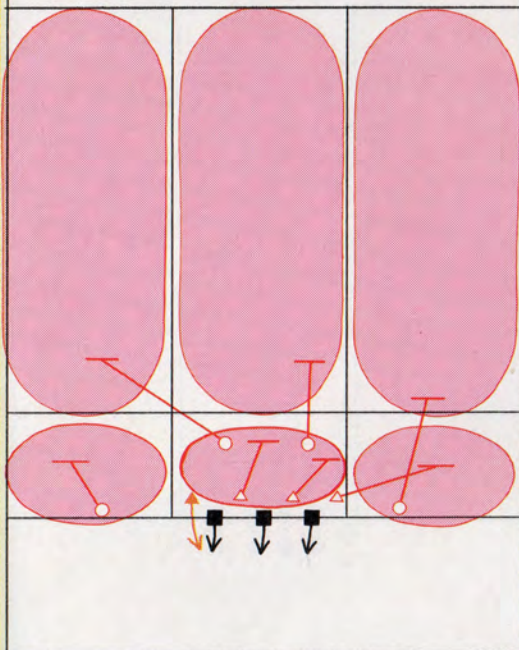
### 4-3 BLITZ LEFT



*Even though you'll put lots of pressure on the quarterback, a pass over the middle will be tough to stop.*

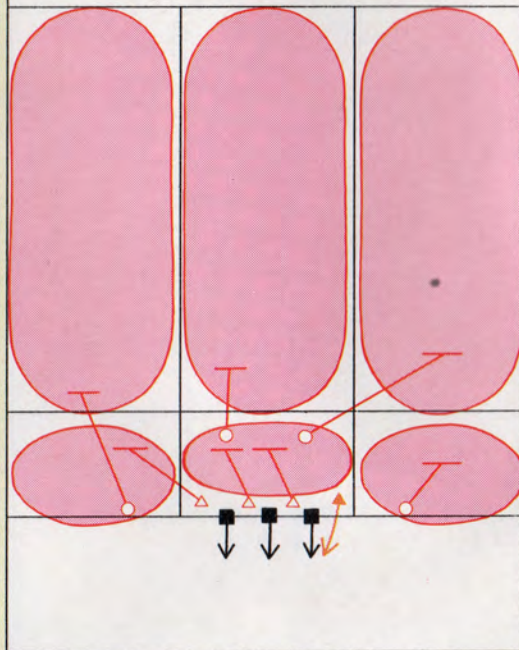


### 3-4 ZONE RIGHT



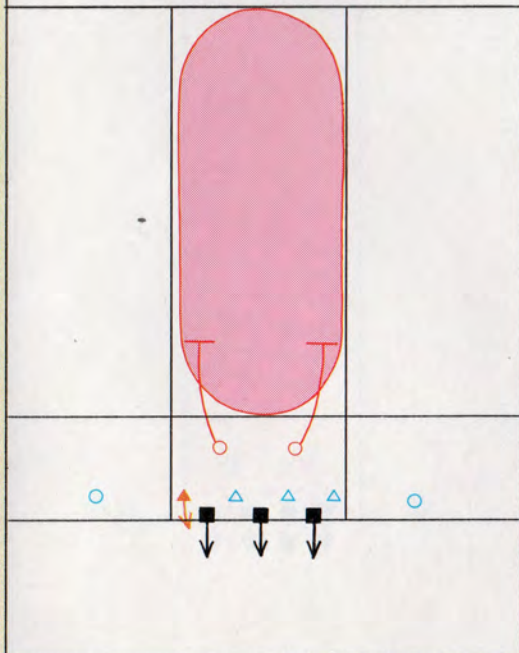
Zone defenses assign a player to a specific area on the field to cover. The defensive player is...

### 3-4 ZONE LEFT



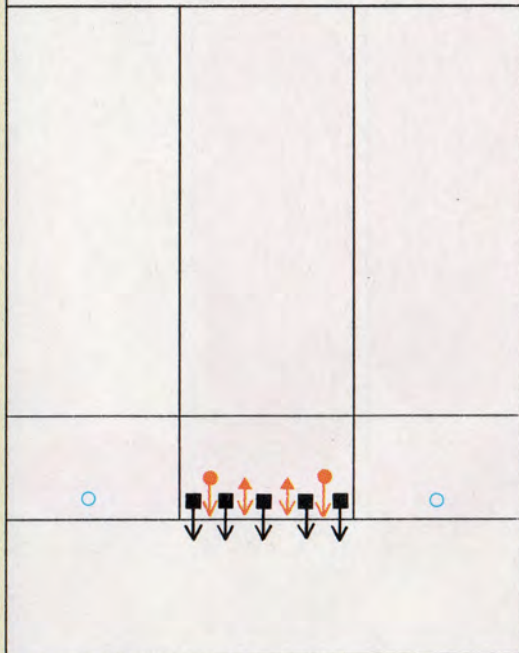
...responsible for covering any offensive player in the zone. But don't expect to pressure the quarterback.

### 3-4 MAN TO MAN



This is a good play to use on first down because of its "bend-don't-break" approach.

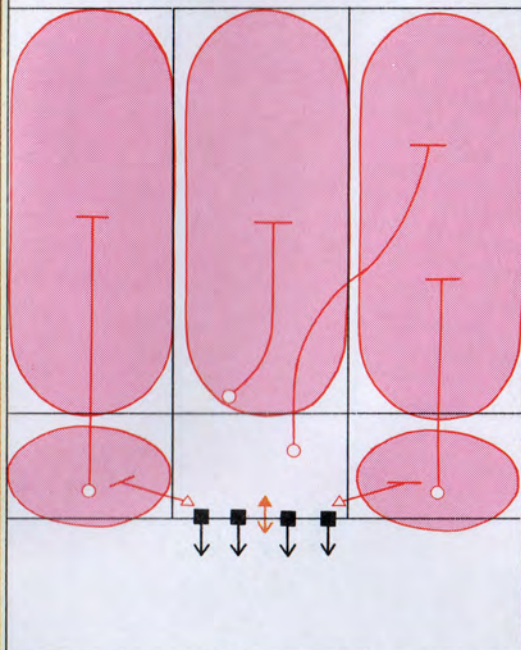
### 5-2 GOAL LINE



The Goal Line defense can also be used in short yardage situations. But watch for the pass!

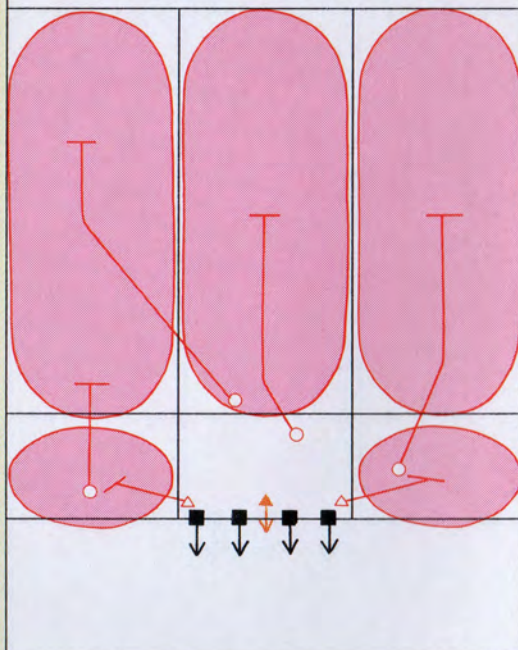


### 4-3 RIGHT LONG ZONE



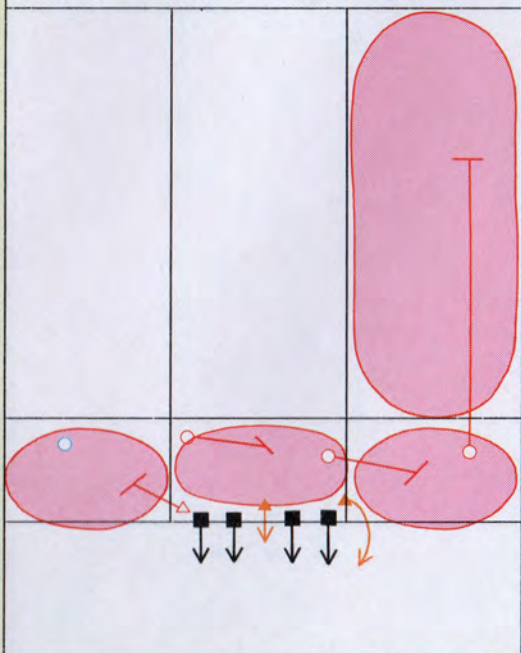
*The Right and Left Long Zone defenses work well in obvious passing situations...*

### 4-3 LEFT LONG ZONE



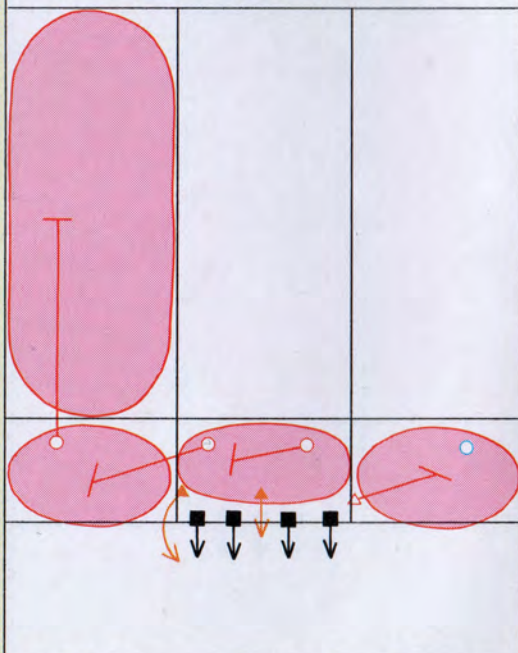
*but be careful! An experienced player will try to exploit your weakness against the run.*

### 4-3 RIGHT SHORT ZONE



*This play defends the run well, but it's vulnerable to passes across the middle of the field.*

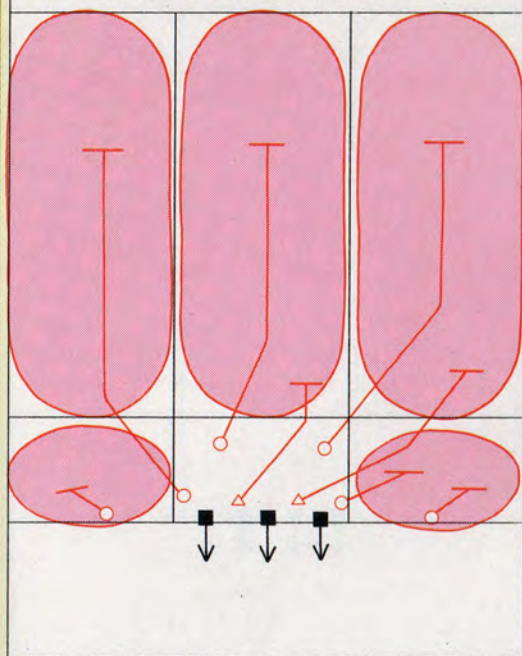
### 4-3 LEFT SHORT ZONE



*With the short zones, you may want to select a safety and protect against the pass.*

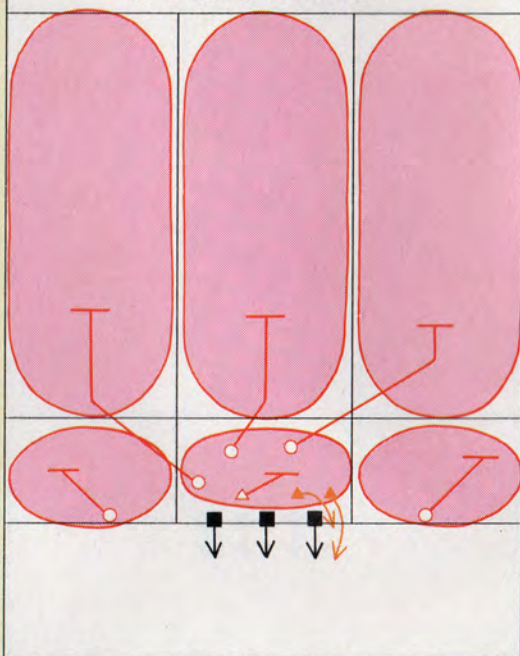


### PREVENT RIGHT



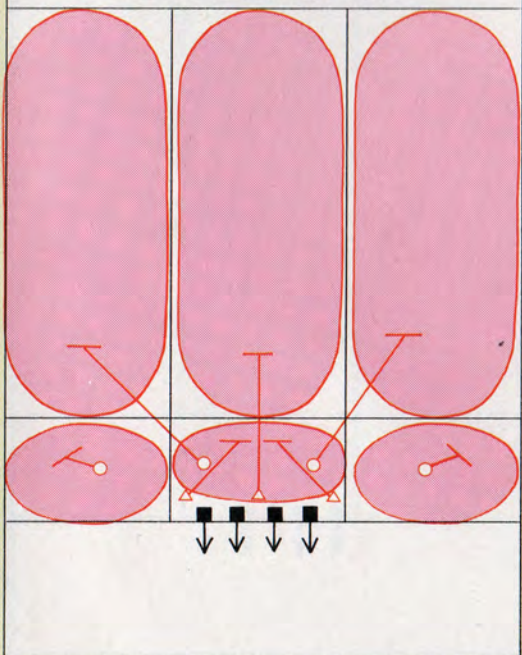
*With the linebackers dropping back, this play is designed to prevent the offense from scoring on the big play.*

### NICKEL ZONE



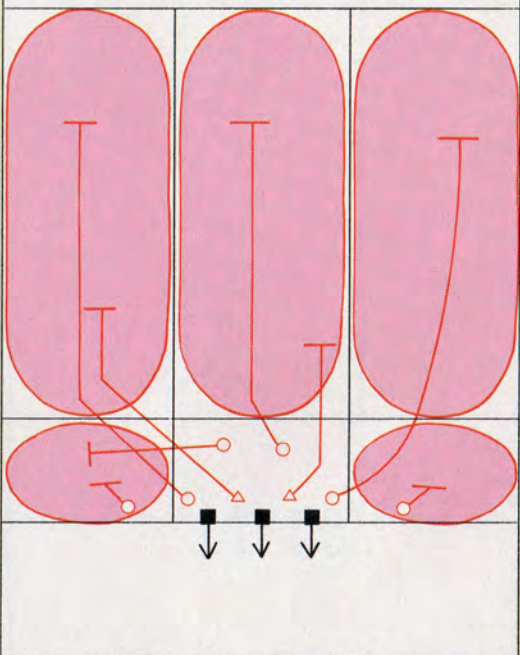
*A fifth defensive back in this play gives you additional coverage against formations with extra wide receivers.*

### DOUBLE ZONE



*With the middle linebacker dropping into the deep zone, the deep middle zone could be soft for a speedy player.*

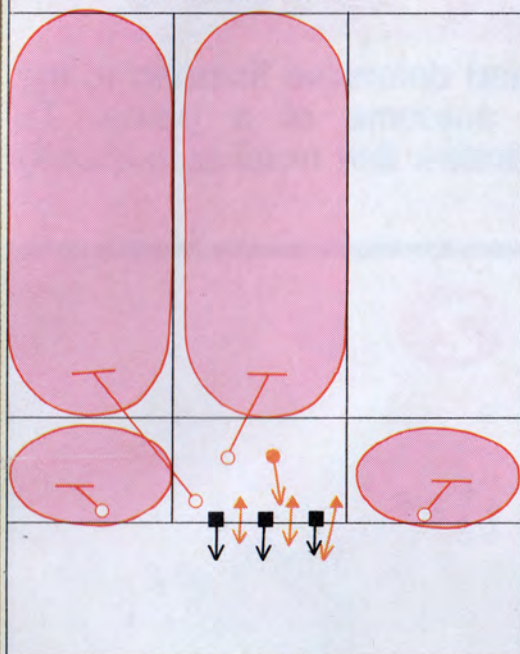
### PREVENT LEFT



*You'll have double coverage in most of the zones, so long passes will be difficult to complete.*

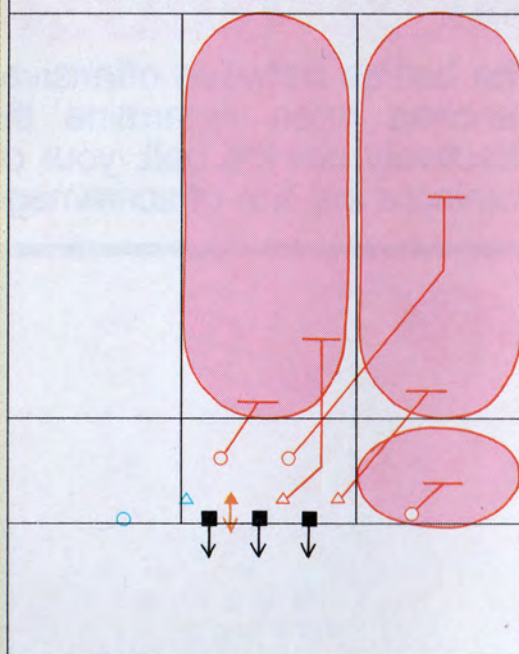


## NICKEL BLITZ



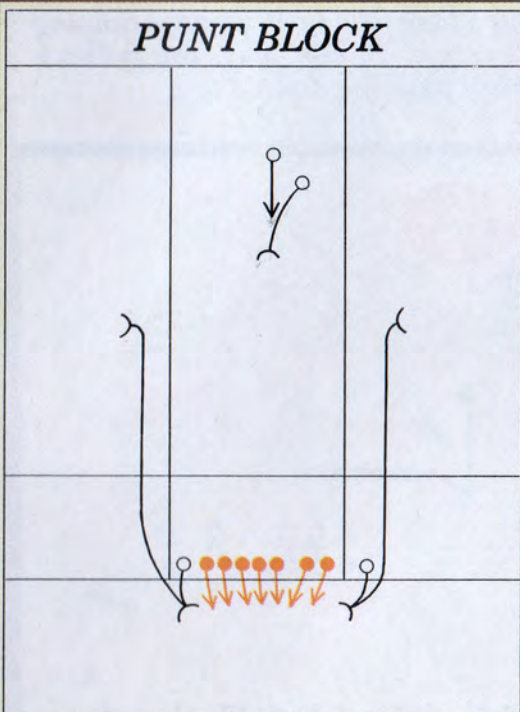
*This play looks like the Nickel Zone, except for the 215 pound safety charging towards the quarterback!*

## RIGHT FULL ZONE



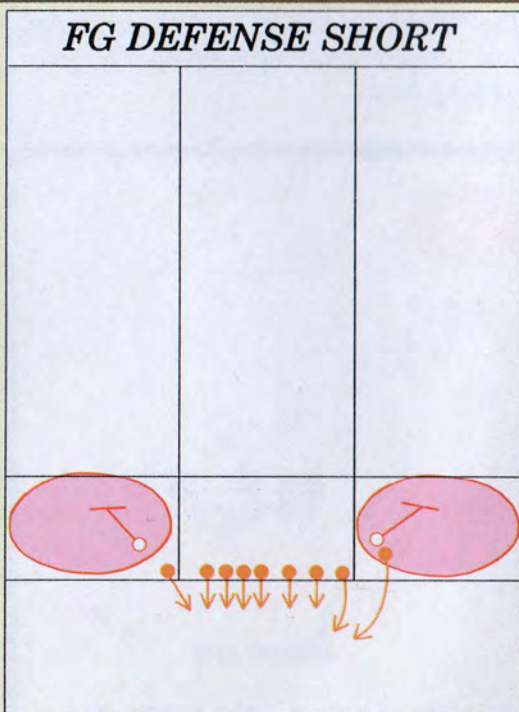
*Right Full Zone works nicely against single receiver sets. Keep an eye on the running backs, though.*

## PUNT BLOCK



*Punt Block will put pressure on the punter, but it doesn't leave any blockers for the punt returner.*

## FG DEFENSE SHORT



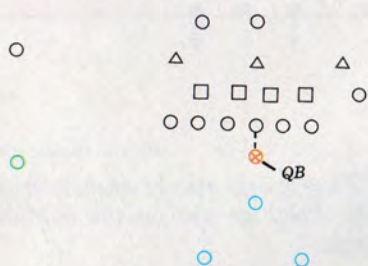
*The right choice to defend against field goal attempts inside the 15 yard line.*



# RUNNING THE BALL

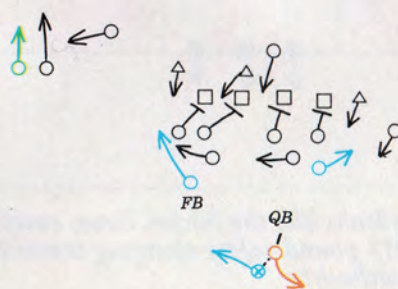
The battles between offensive and defensive linemen in the trenches often determine the outcome of a game. To effectively run the ball, your offensive line must consistently dominate the line of scrimmage.

1



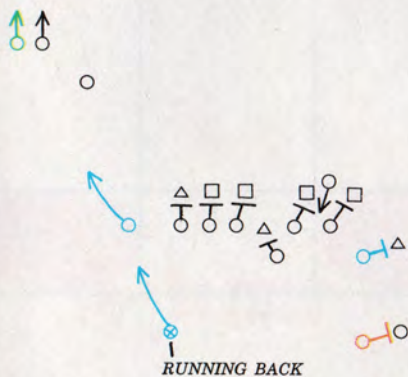
*The "Wishbone Sweep Left" demonstrates how perfect blocking can spring your running back...*

2



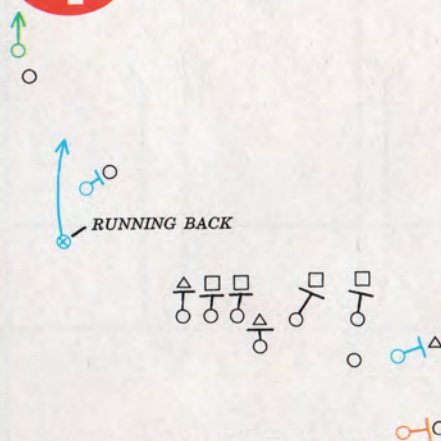
*for a long gain in an obvious running situation. In this play, the fullback helps push the defense to...*

3



*the right, while the left halfback cuts off the cornerback coming in from the left...*

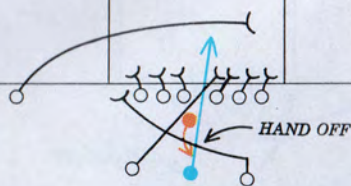
4



*giving your right halfback a chance to show what he can do in the open field.*



## DIVE



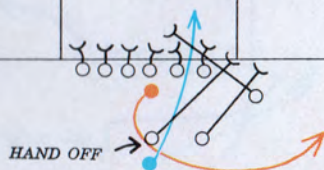
*The Dive is a quick handoff and sprint through the middle. Try to catch the linebackers napping.*

## POWER SLANT



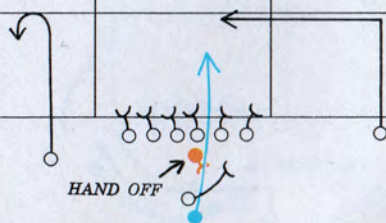
*The Power Slant is another quick running play designed to gain four or five yards before the defense gets set.*

## POWER RIGHT



*With the extra fullback blocking, the halfback can squeeze between the right guard and tackle.*

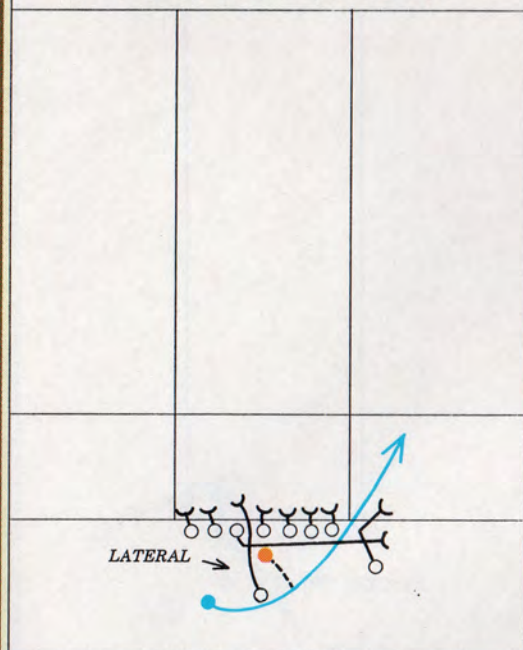
## LINE BUCK



*Line Buck demonstrates the need for a speedy halfback when using the "I" formation.*

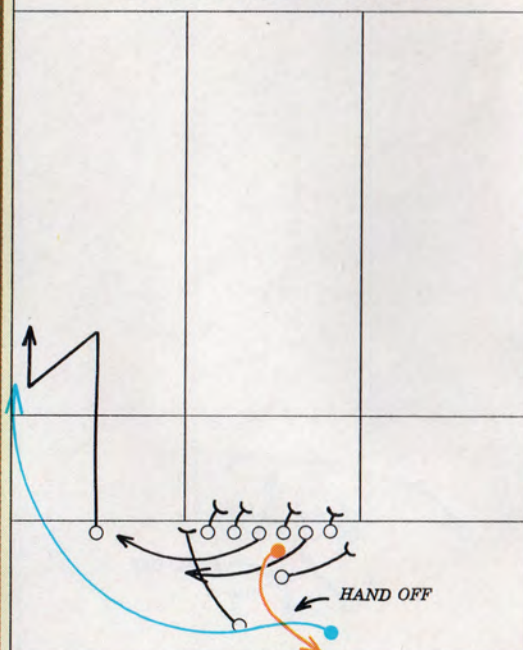


## SINGLE WING SWEEP



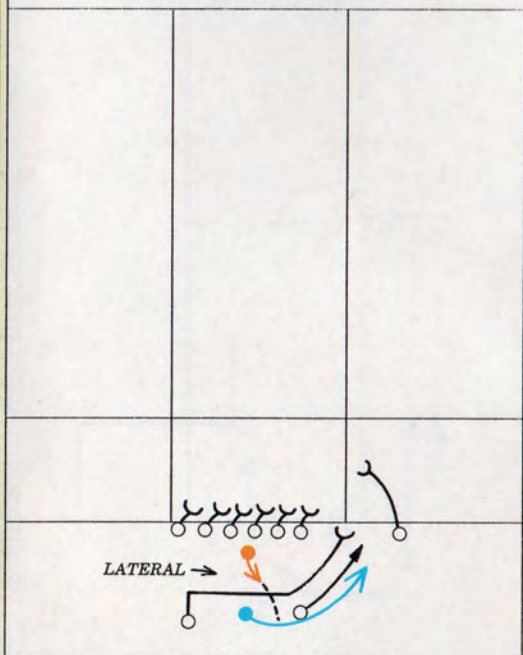
*This play features a pulling guard blocking the right cornerback and opening a hole for the halfback.*

## WISHBONE SWEEP



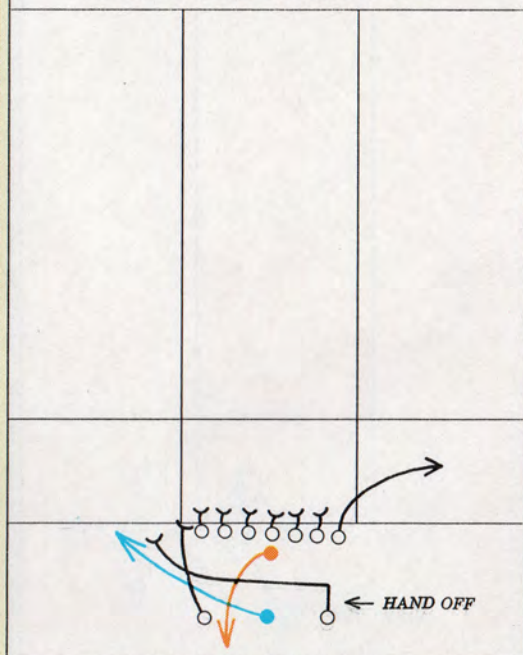
*The A button (Sprint) will help your halfback turn the corner and continue for a big gain.*

## FULL HOUSE RIGHT



*Since you're controlling the slower fullback on the Full House Right and Full House Left plays, you need...*

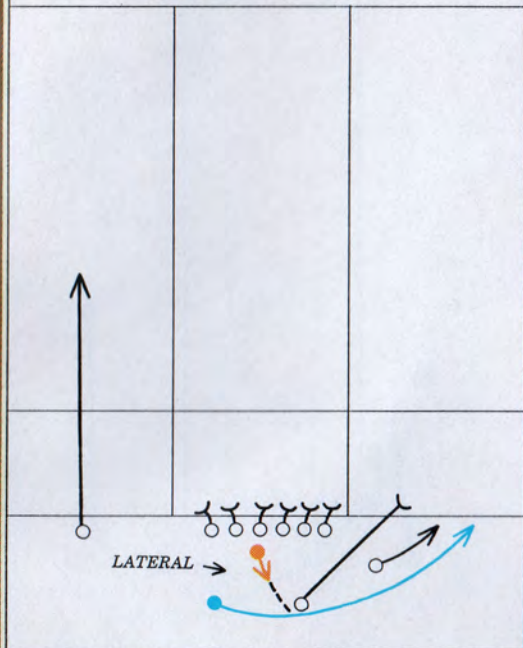
## FULL HOUSE LEFT



*...to follow your blockers before turning upfield and use the X Button (stiff arm) to knock down tacklers.*

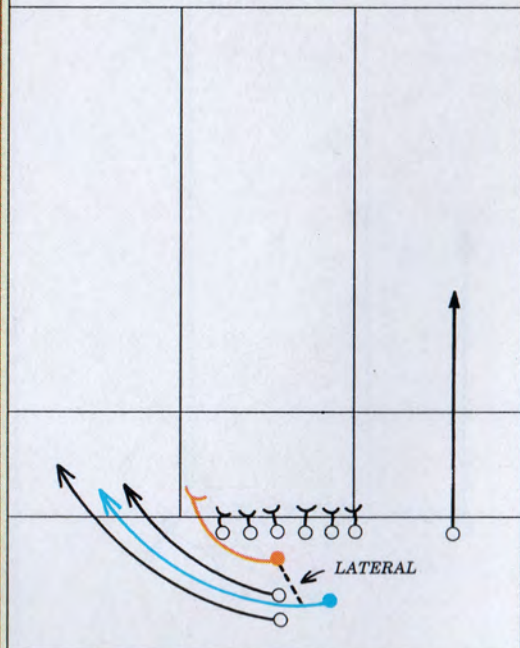


## QUICK TOSS



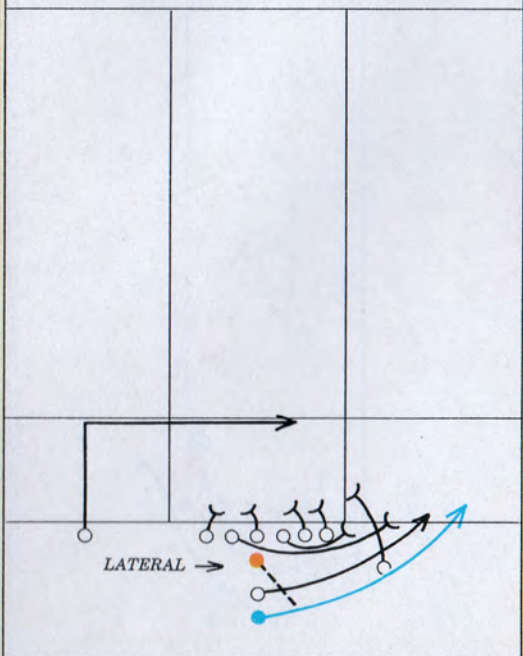
*Lots of blocking out front and quick execution make this run tough to stop.*

## SWEEP LEFT



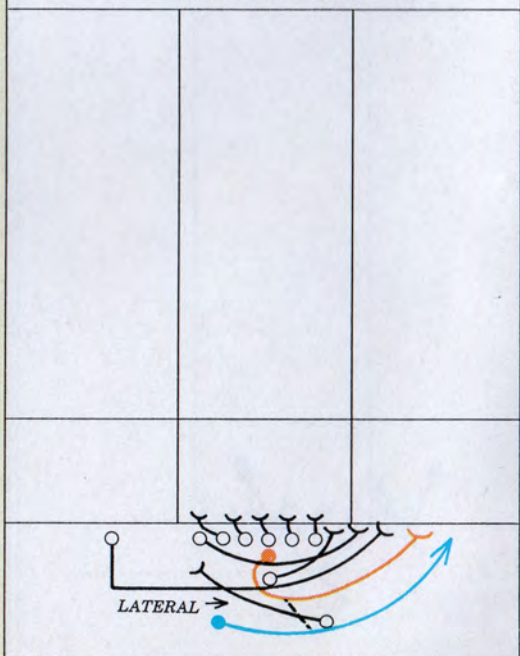
*This is the play they used to call "Student Body Left" in grade school.*

## SWEEP RIGHT



*Be sure to wait for your pulling left guard to lead the way, or the outside linebacker will be waiting for you.*

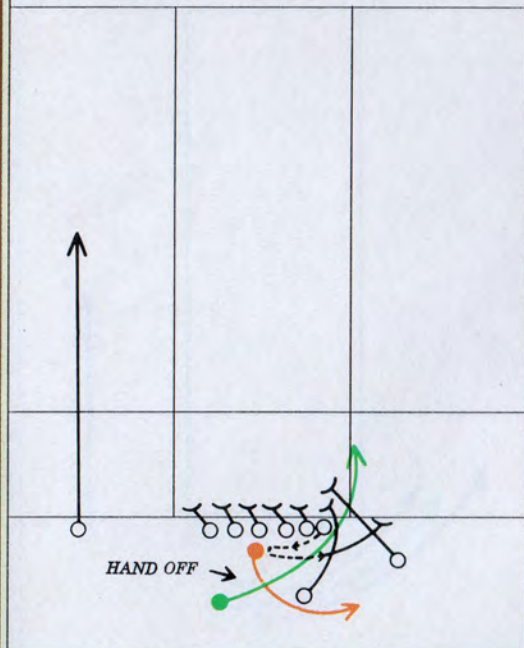
## COUNTER



*The halfback will take one step to the left before running right to throw the defense off.*

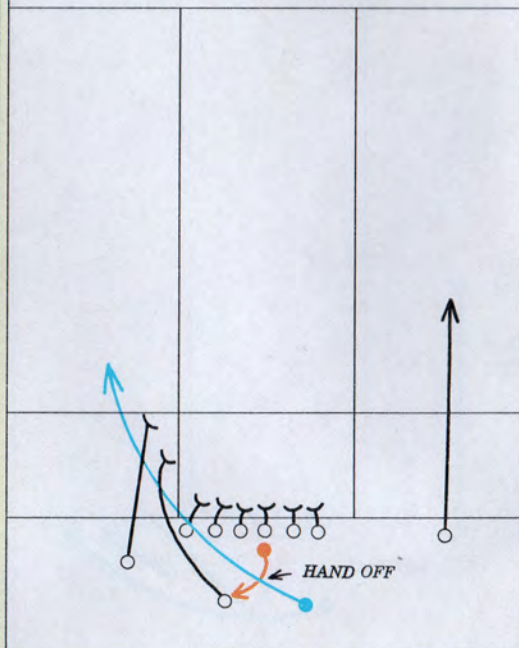


## END AROUND



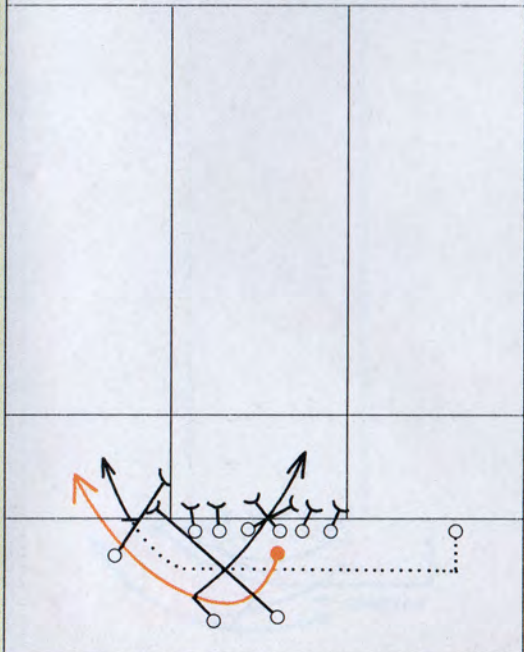
*A hand off to the wide receiver may fool the defense, but it will take a long time to develop.*

## OFF TACKLE



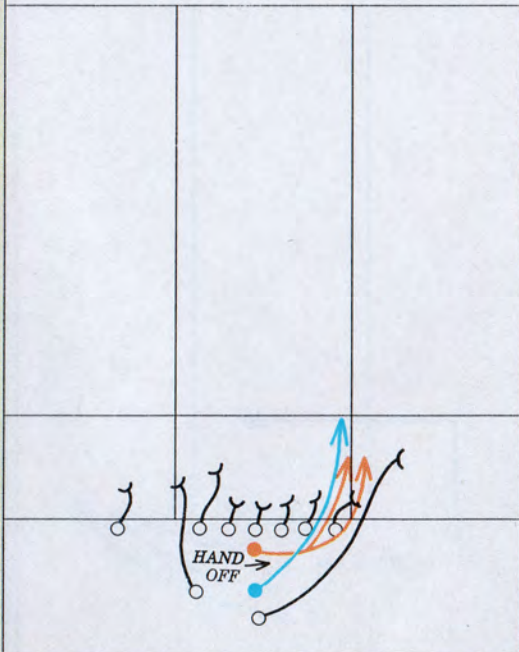
*The halfback must hit the hole between the left tackle and the tight end.*

## BOOTLEG LEFT



*The quarterback fakes a handoff, then hides the ball on his hip while rolling to the left.*

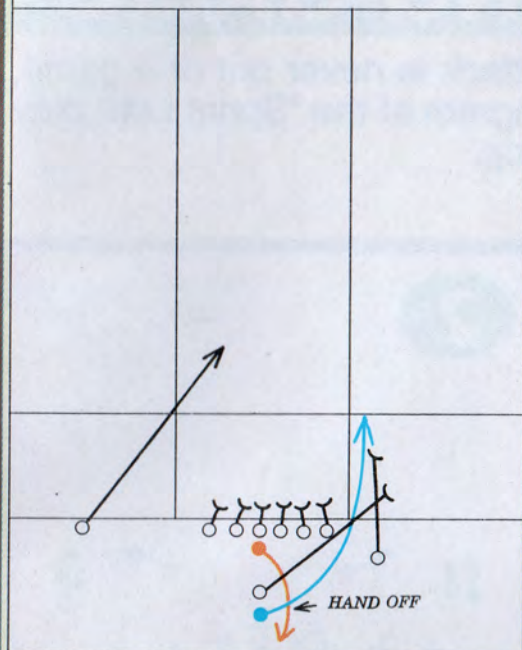
## CHANGE UP



*A quick handoff to the fullback out of the power I will wake up the linebackers in a hurry.*

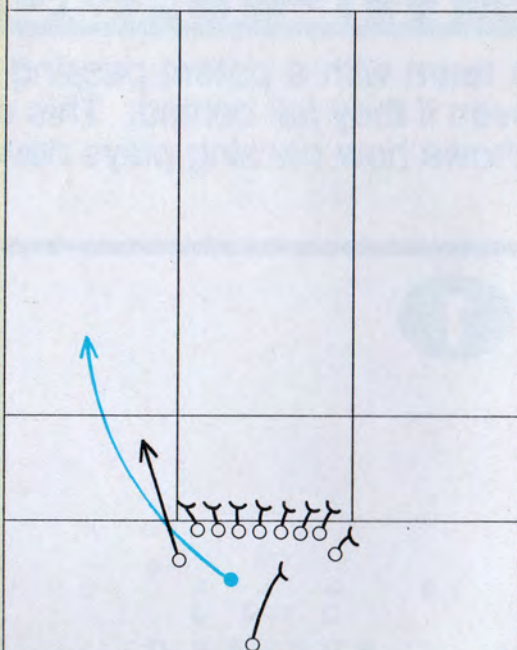


### FREEZE



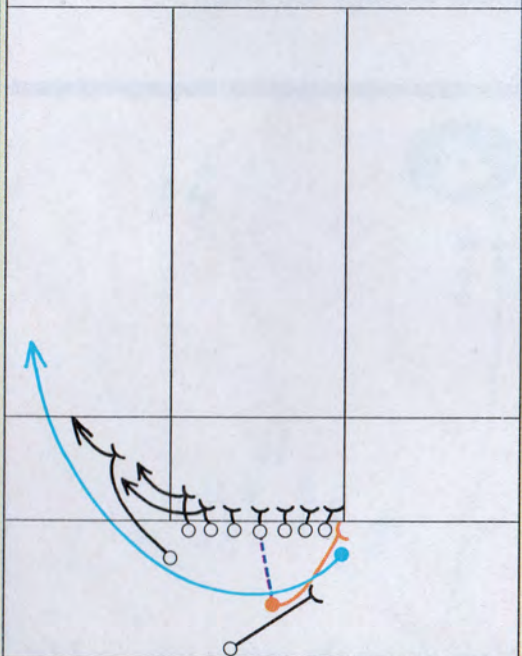
*The halfback should pause before taking the handoff. This will decoy the defense to the fullback.*

### PUNT FAKE RUN



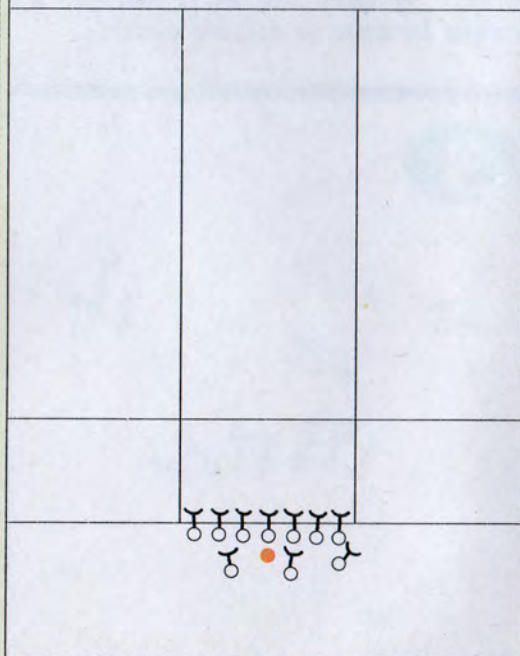
*A short snap to the fullback doesn't work very often, but when it does it usually means a big gain.*

### FG FAKE RUN



*Very risky, but could be the big play you need to blow the game open.*

### QB DOWN BALL



*Use this when you want to run out the clock without risking a costly fumble.*



# THE PASSING GAME

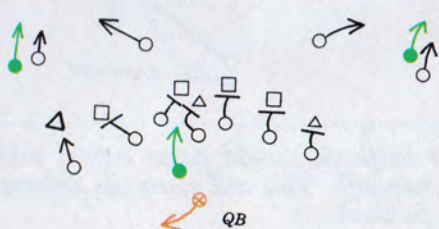
A team with a potent passing attack is never out of a game, even if they fall behind. This diagram of the "Sprint Left" play shows how passing plays develop.

1



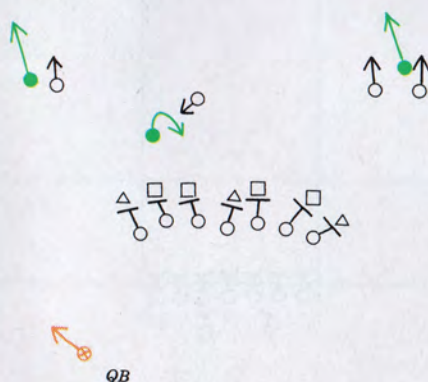
*Check the defense before taking the snap. If they are in a Nickel, it might be time to call an audible.*

2



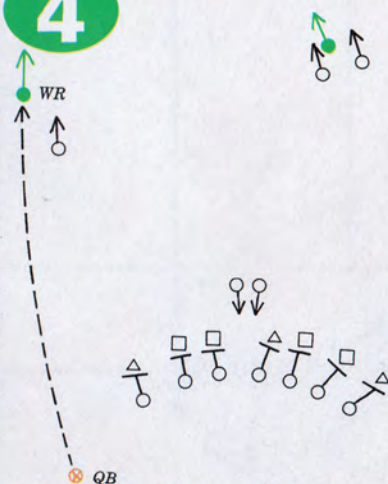
*Drop back to allow your halfback to sneak through the line...*

3



*then wait for one of your receivers to beat the coverage and break free.*

4



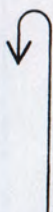
*Now choose the correct zone and let it fly... Touchdown!!!*



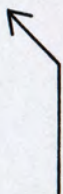
# PASS PATTERNS



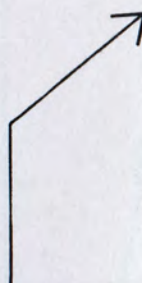
STREAK



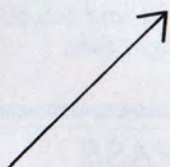
BUTTON HOOK



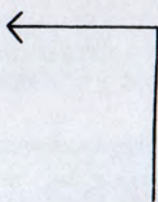
FLAG



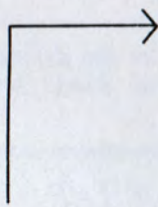
POST



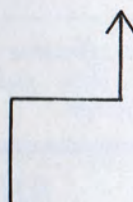
SLANT



IN



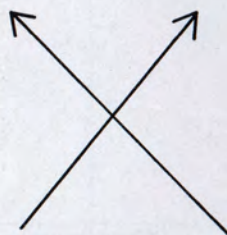
OUT



OUT AND UP



SWING

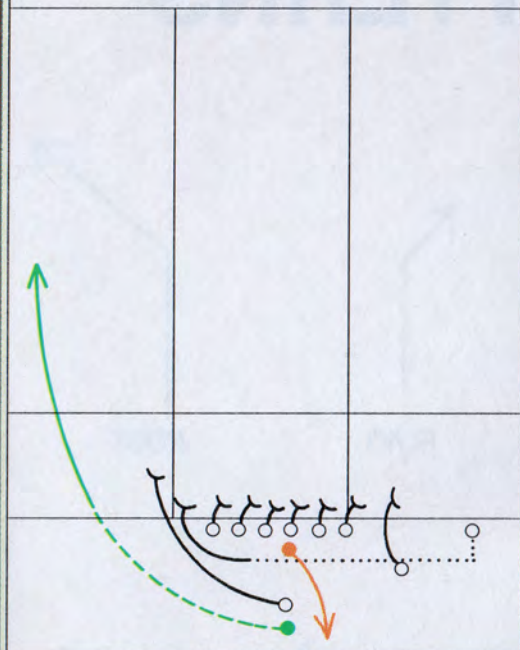


CROSS

Here is a listing of the most common pass routes used in this play book. Execution is everything: The offense always has the advantage when running pass routes because they know where they're going and the defense doesn't.

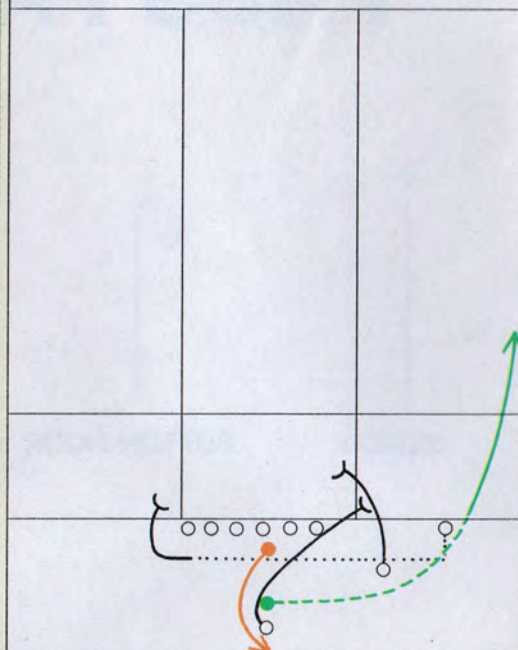


## SCREEN PASS



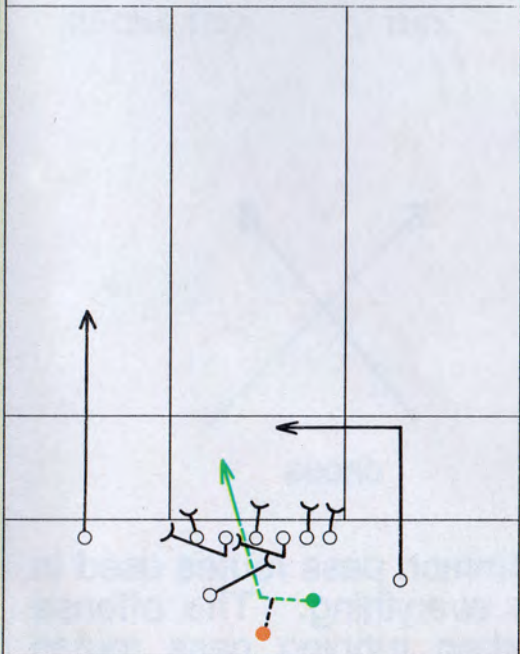
*The offensive linemen let the defense run by, then pull out and block for the halfback.*

## SCREEN PASS COUNTER



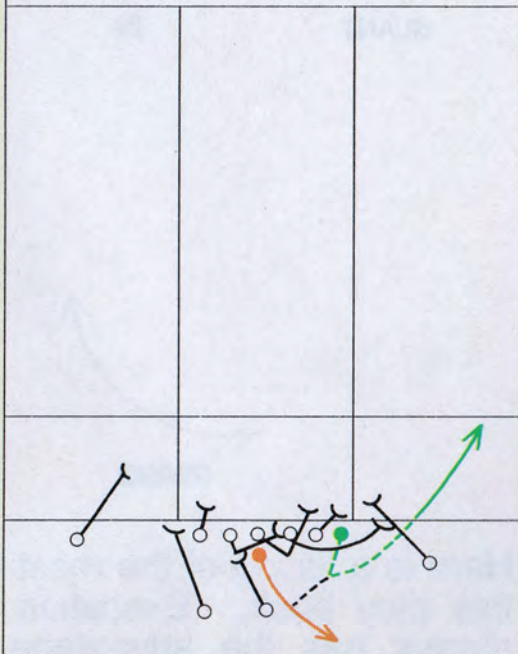
*A fake run freezes the defense and lets the fullback get free down the right side.*

## SHOVEL TRAP



*This play works well if the defense is rushing the passer to the outside. If they charge up the middle, watch out!*

## TE SCREEN PASS



*A screen pass set up for the tight end with the running back pushing the defense left.*

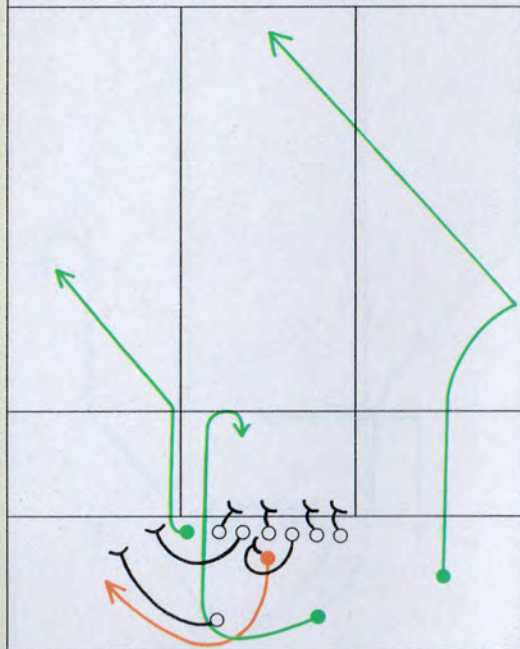


### TIGHT END CROSS



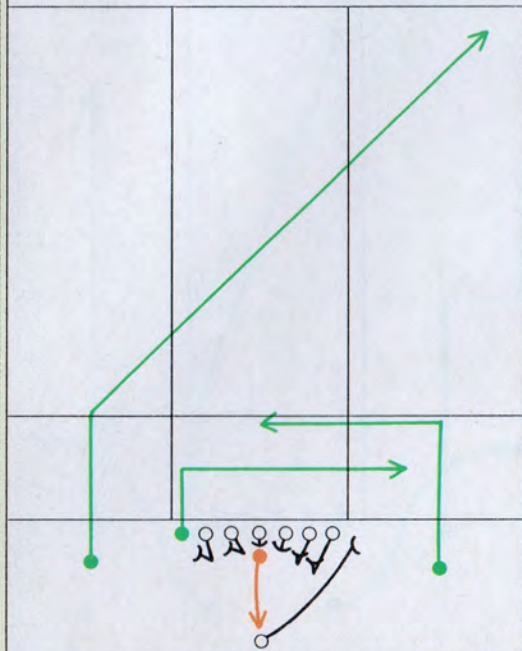
A good pass to use when close to the endzone because the defense will be looking for the run.

### SPRINT LEFT



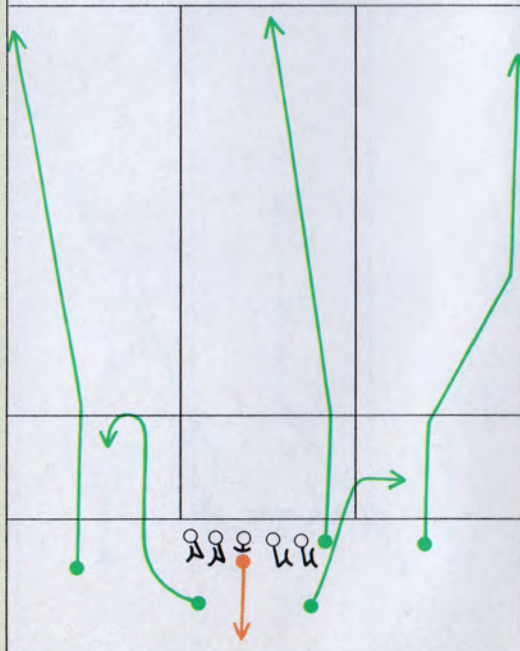
The halfback sneaks through the middle and runs a button hook, while the quarterback rolls out to the left.

### DOUBLE TE CROSS



If the middle linebacker is playing man coverage, one of the tight ends will be open.

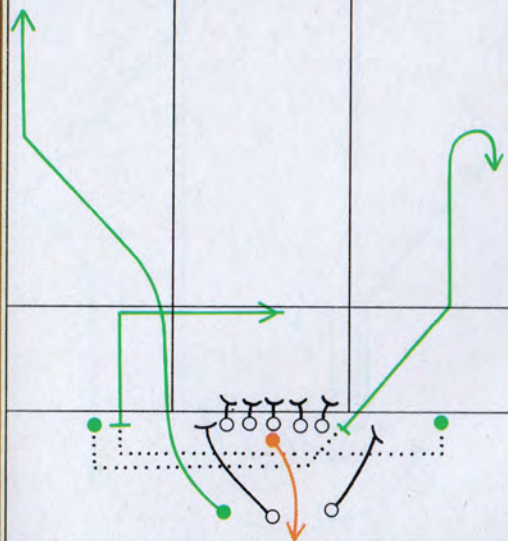
### TRIPLE STREAK



This play gives the quarterback a lot of receivers to choose from, but the blocking is vulnerable to a blitz.

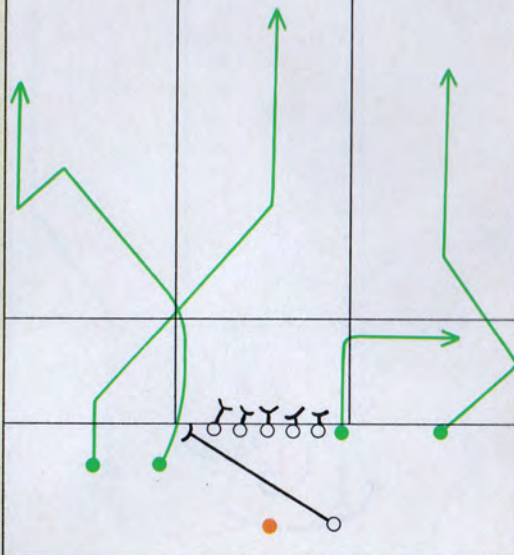


### FULL HOUSE PASS



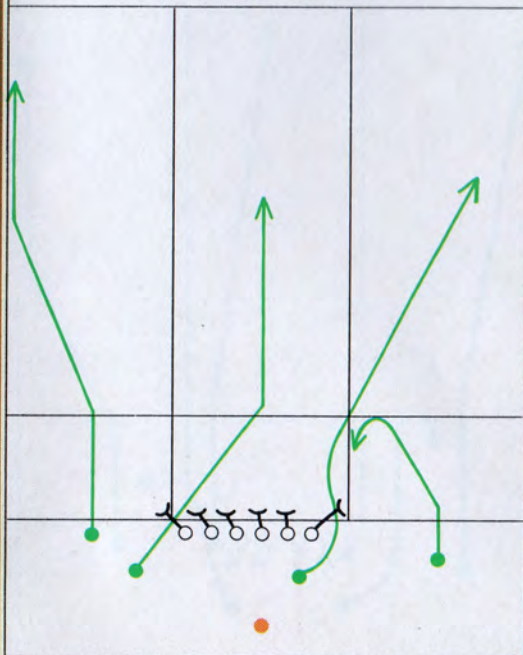
*With three backs in the backfield, the defense will be thinking run...until you connect downfield.*

### DEEP CROSS



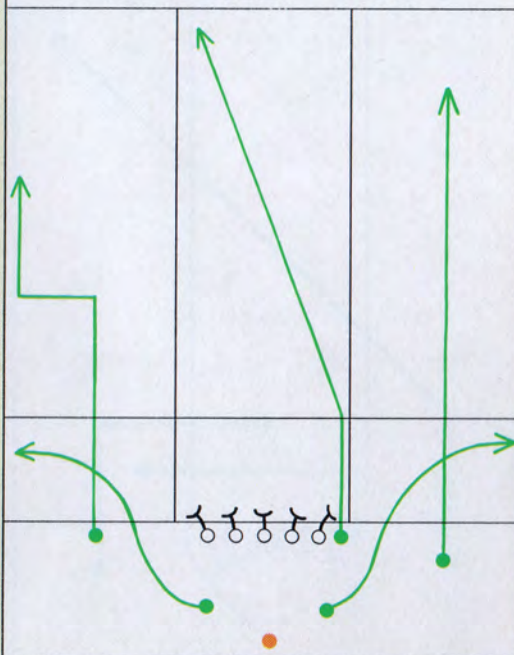
*This play is very effective against tight man coverage. Besides, it's fun to watch the defenders run into each other.*

### DEEP SLANT



*Run from the shotgun, this play depends on the quarterback's timing and the receivers speed.*

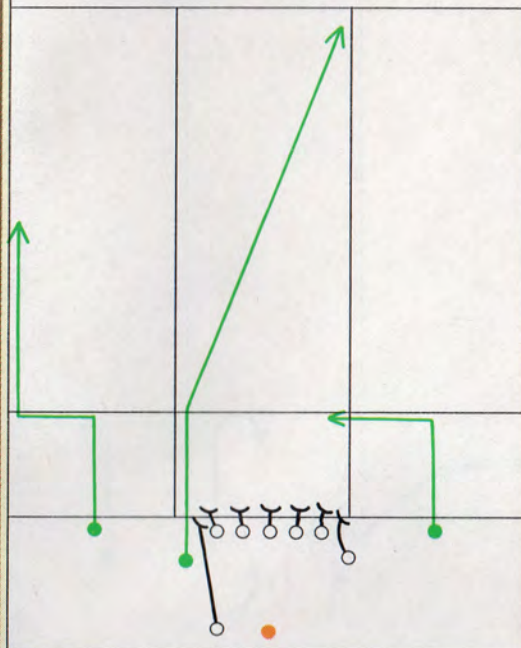
### SHOTGUN BOMB



*No tricks here, as the defense will surely know what you're up to. Not very reliable, but can net big gains.*

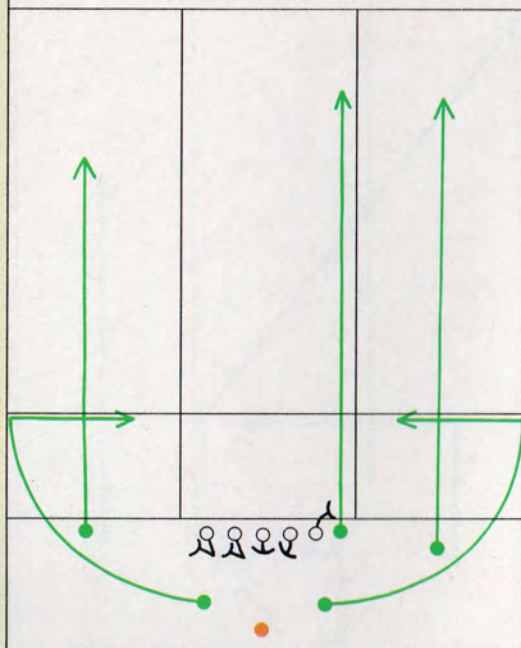


### DEEP POST



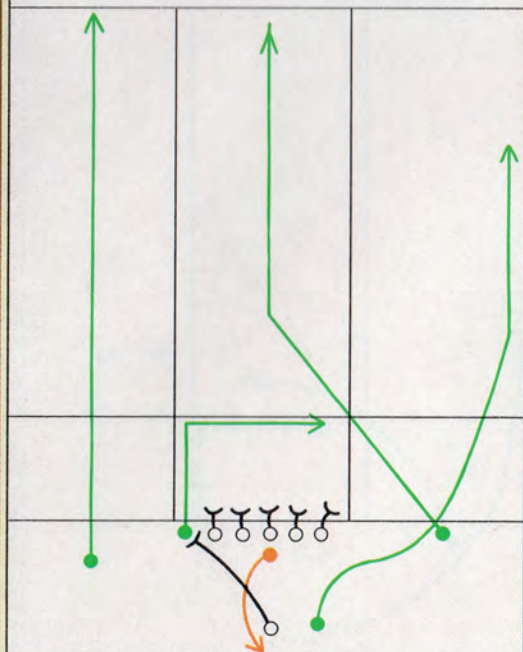
The deep route is your first option, but the wide receiver running the "Out and Up" should be open too.

### HAIL MARY



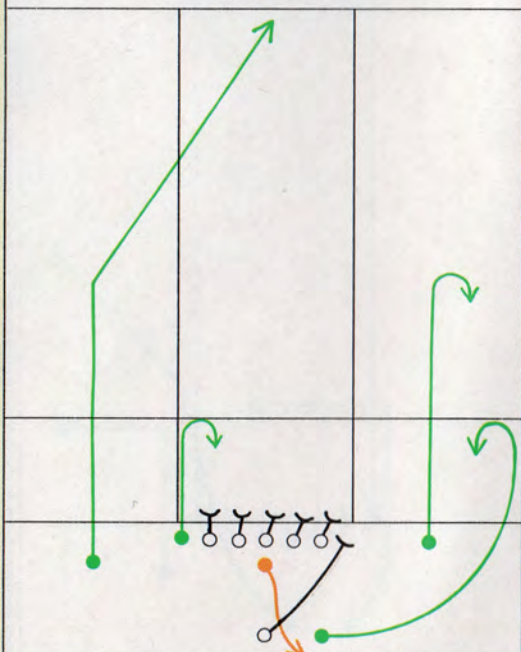
A desperation play to be used when you must score quickly.

### PLAY ACTION DEEP



A quick fake to the halfback to freeze the defense and then a long bomb to one of the streaking wide receivers.

### HOOK



This works well against deep zones and nickel coverages. Be sure to wait until the receiver hooks.

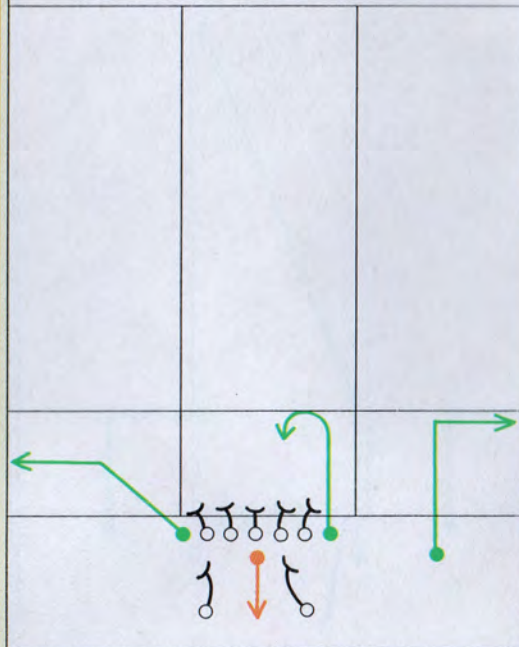


### DROP BACK LONG



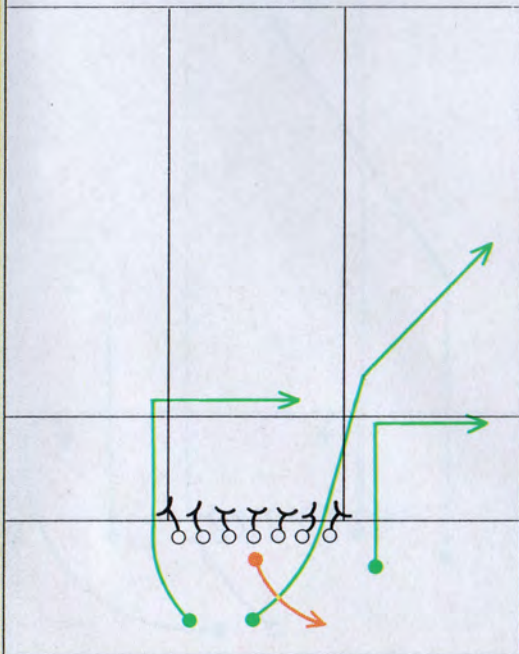
Use this against teams in man coverage or with a slow middle linebacker covering the tight end.

### DROP BACK SHORT



Quick passes like this help set up your running game and can lure the defense to sleep for the long bomb.

### STRONG RIGHT



The secret to passing against zone coverages is to overload one side.

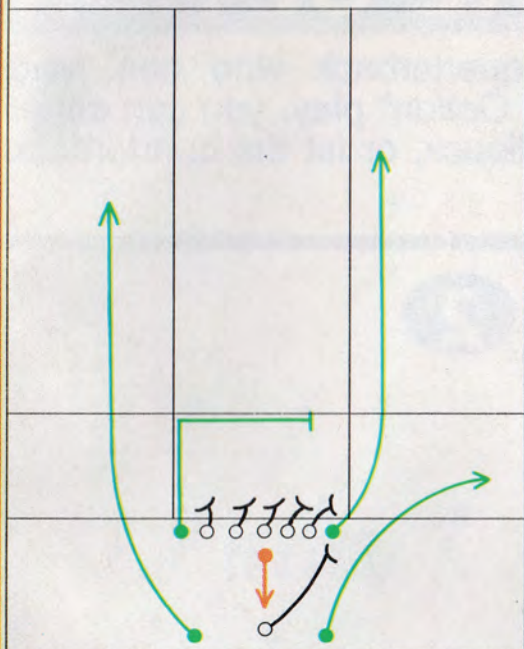
### HALFBACK STREAK



If the linebackers don't pick up the halfback, this play could be a quick touchdown.

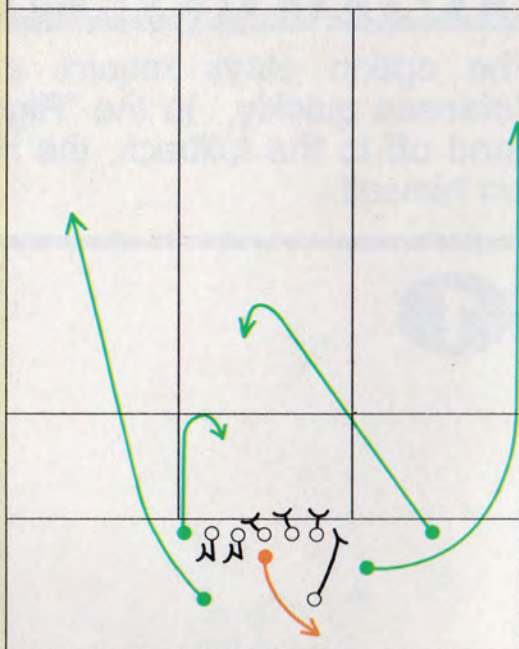


## SWING OUT PASS



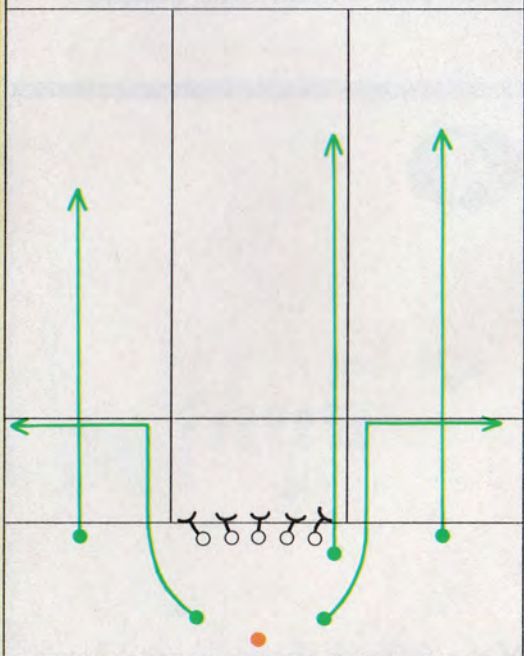
Use this against deep zones. Also works well when the outside linebackers are blitzing.

## SPRINT RIGHT



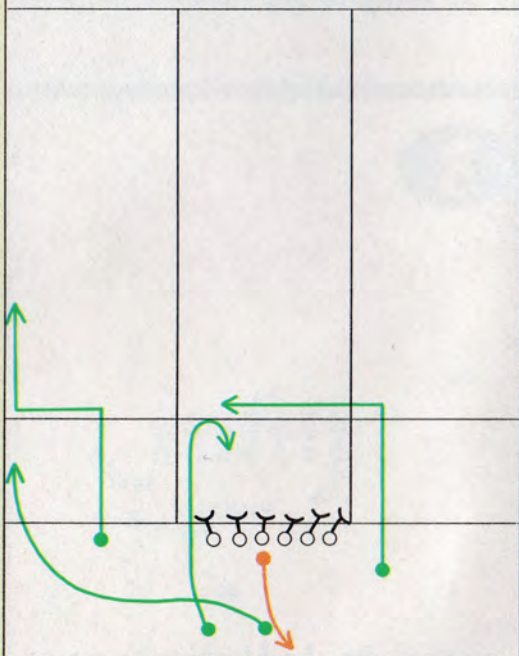
Slow linebackers don't have a chance in man coverage against this play.

## STREAK



If the deep receivers are covered, dump it off to the running backs on the outside.

## LEFTSIDE FLOOD



This will drive short zone defenses crazy. Someone will be open...if you can find them.



# RUNNING THE OPTION

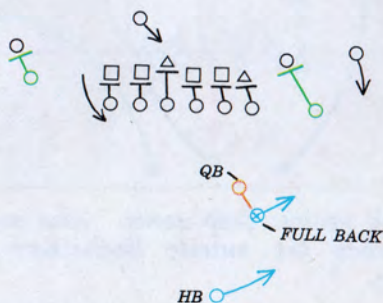
The option plays require a quarterback who can read defenses quickly. In the "Right Option" play, you can either hand off to the fullback, the halfback, or let the quarterback run himself.

1



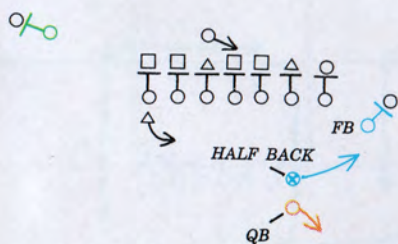
*The defense will zero in on the ball, so be ready to get rid of it quickly.*

2



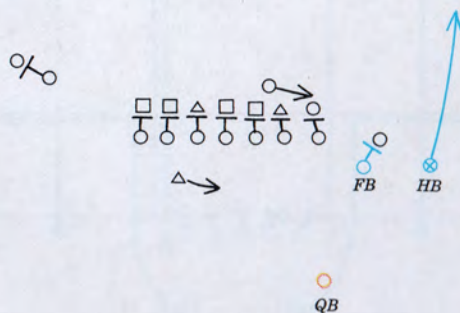
*You can hand off to the fullback if the defense doesn't react quickly...*

3



*...or wait for the blocking to set up and then hand to the streaking halfback.*

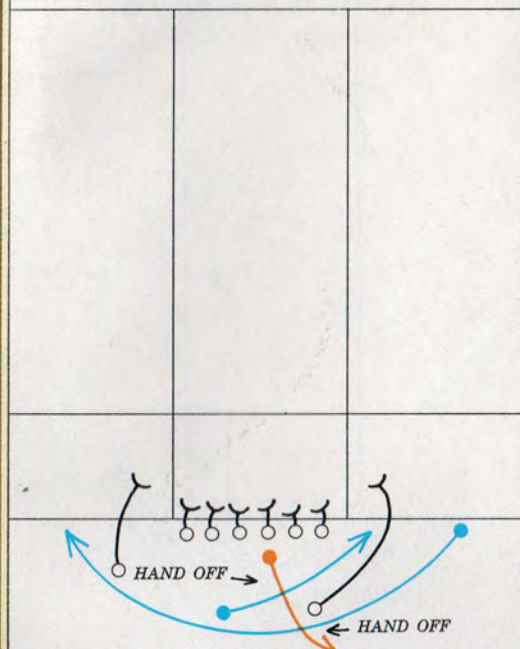
4



*If the fullback throws a good block, it will spring the runner to the outside for a big gain.*

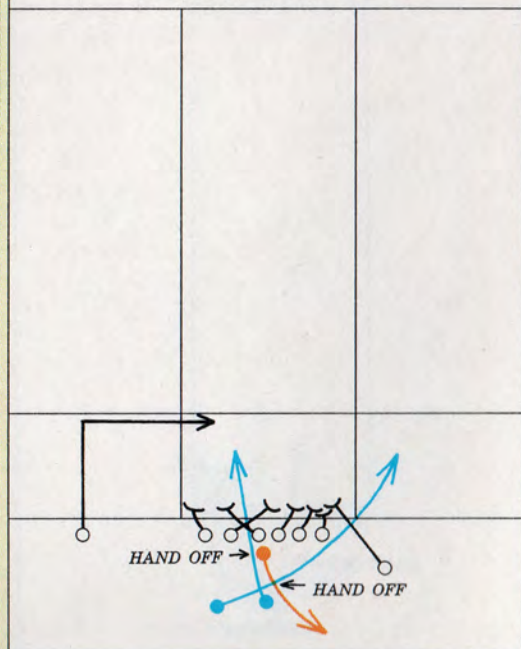


## REVERSE OPTION



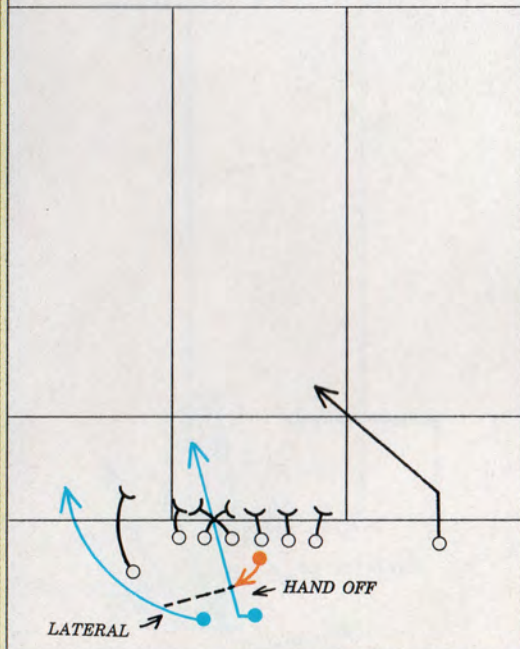
*You can give to the halfback or wait for the wide receiver coming around the end.*

## TRAP OPTION



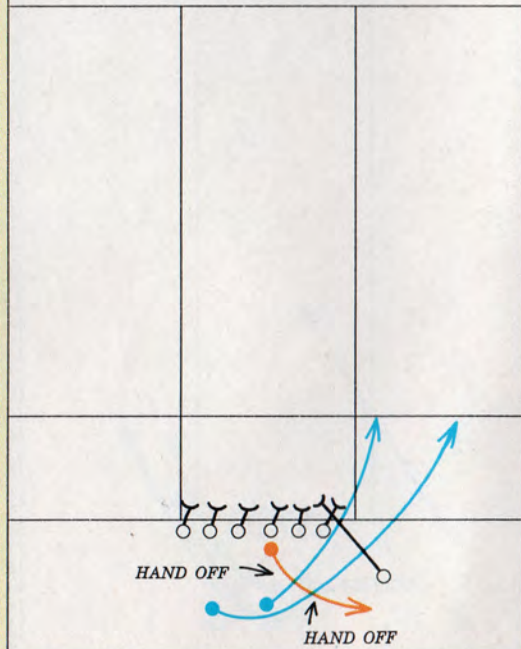
*The left guard and tackle will trap the defensive center, but if they pinch inside, let the halfback go outside.*

## LEFT OPTION



*Either a quick handoff to the fullback or an outside pitch to the halfback.*

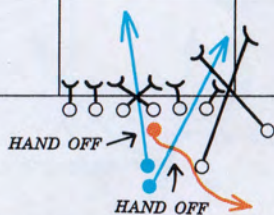
## RIGHT OPTION



*Both runners are headed outside, so your decision should be based on who the defense follows.*

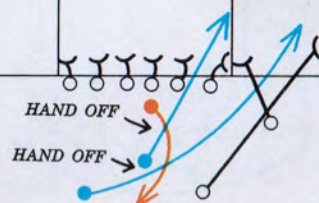


## SPLIT



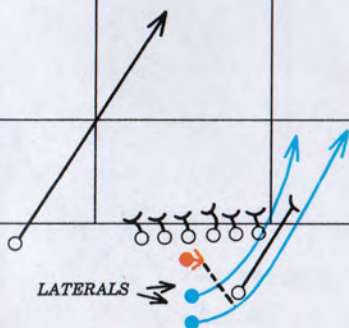
*Send the fullback to the left and the halfback to the right.*

## BLAST



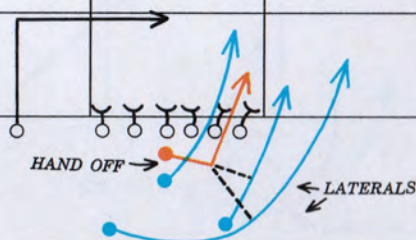
*Use the fullback option when you're near the goal line to blast it in for a score.*

## TIGHT SWEEP



*You can hand off to either running back or wait and throw to the wide receiver slanting to the middle.*

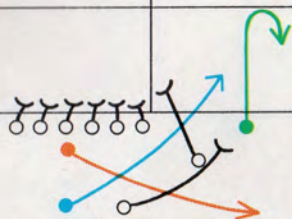
## TRIPLE OPTION



*Three running backs to the right spells trouble for defenses that don't pursue well.*

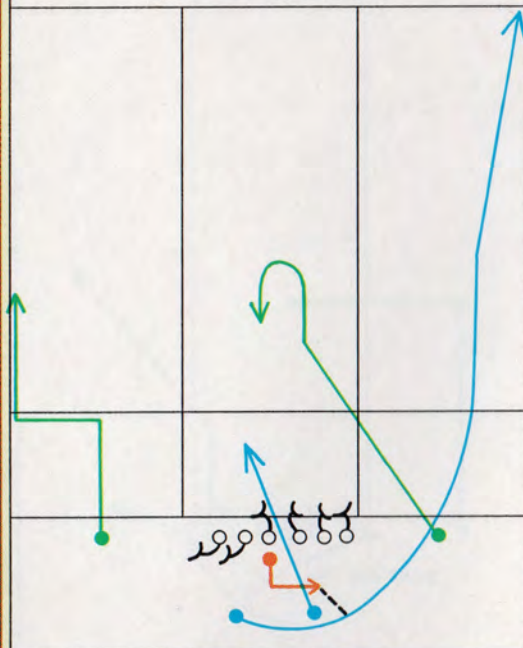


## SLANT OPTION



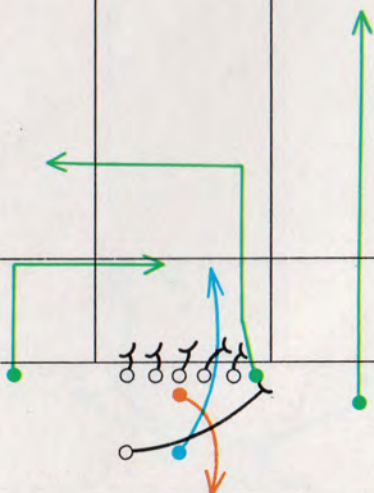
*If the defense pushes right, the quarterback can roll out to the right and throw to the wide receiver.*

## QUICK DRAW



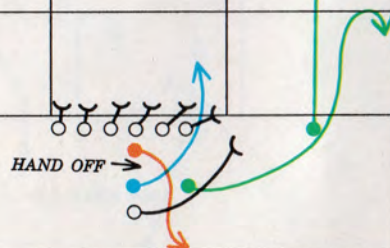
*The draw will work well against the blitz, but if they don't blitz, look downfield.*

## FLARE OPTION



*This works well if the middle linebacker drops back into pass coverage too quickly.*

## DEEP IN RIGHT



*The threat of the run to the right will allow the wide receiver to get open across the middle.*

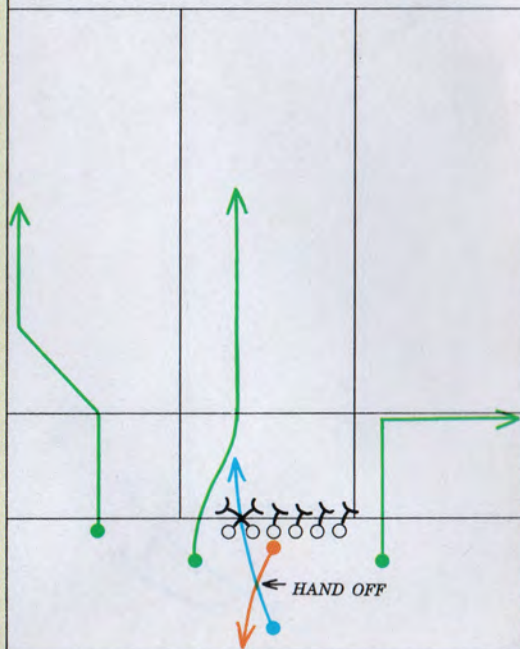


## DEEP IN LEFT



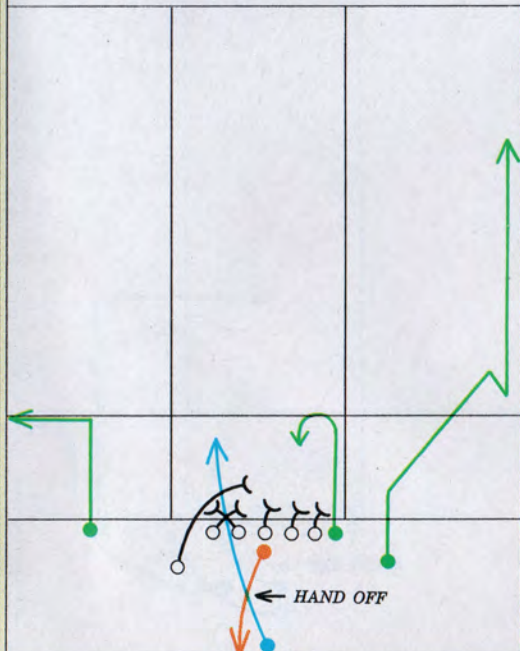
If the defense is blitzing the middle linebacker, the tight end should be open on the Flag pattern.

## DRAW OPTION LONG



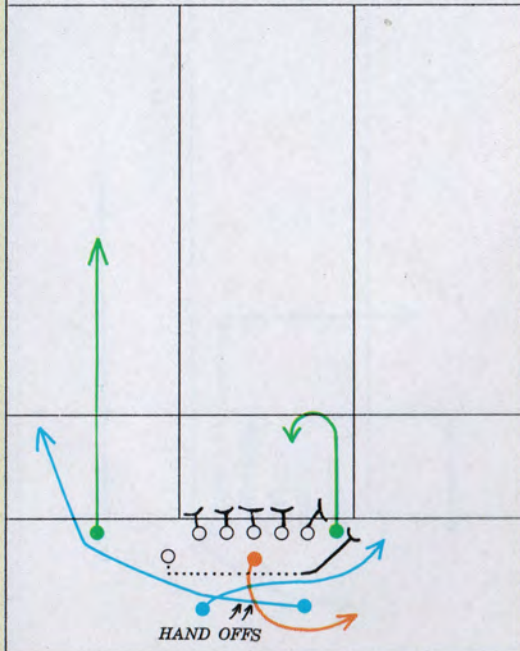
This draw play takes a little longer to develop, so it may not work against an all-out blitz.

## DRAW OPTION SHORT



This play is similar to the Quick Draw, but gives you more receivers downfield if the run isn't available.

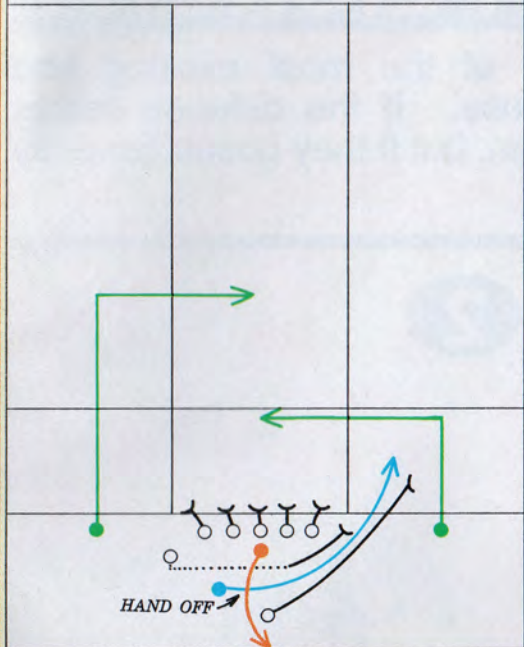
## BOOTLEG COUNTER



You can give to the left halfback, the right halfback, or let the quarterback bootleg to the right and look deep.

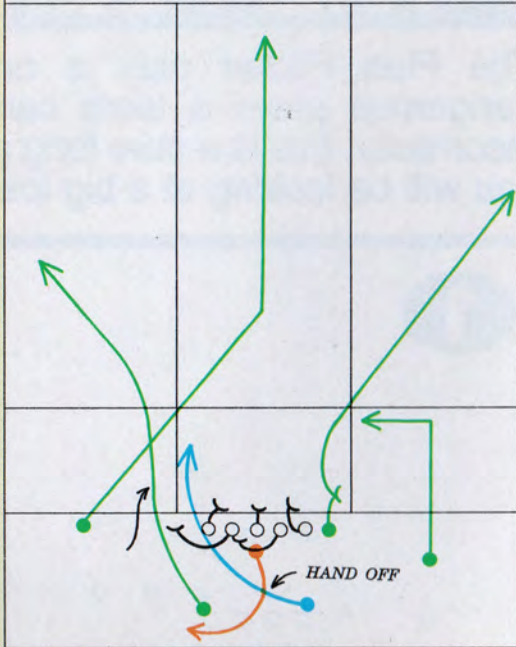


### SLOT OPTION PASS



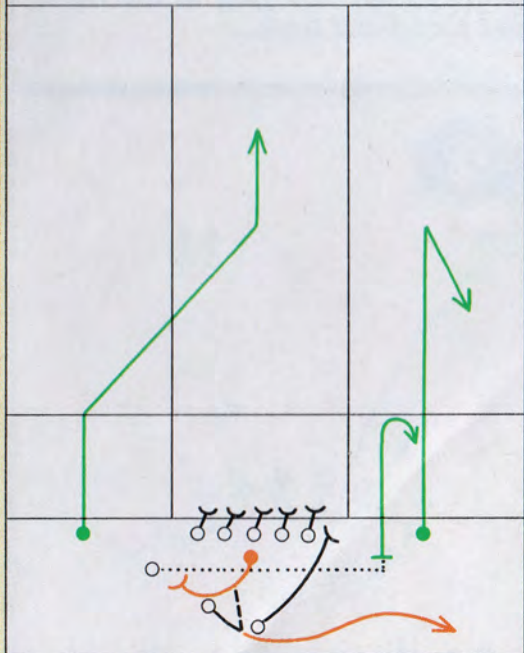
*A quick hand off to the fullback can catch the defense asleep...or fake the hand off and look to pass.*

### TORNADO OPTION



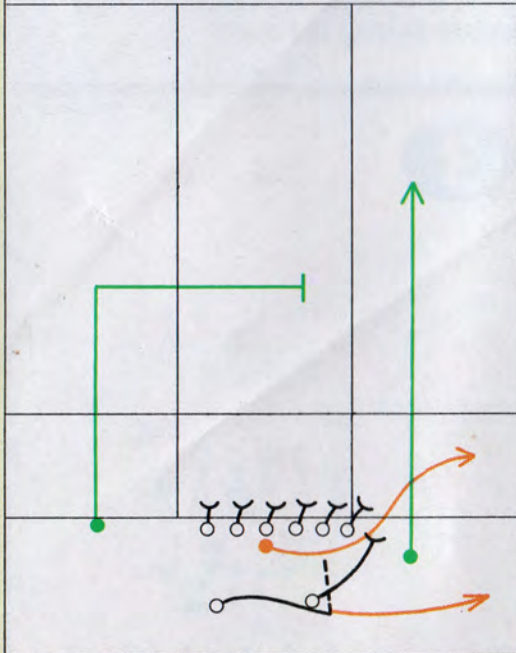
*This play will work really well if the defense is in man coverage, but if they go zone, use the handoff.*

## HALFBACK PASS



*A quick pitch to the halfback who can either run or look to pass.*

## FULLBACK PASS RIGHT



*This is similar to the Halfback Pass, but has a better chance of selling the defense on the run.*



# THE FLEA FLICKER

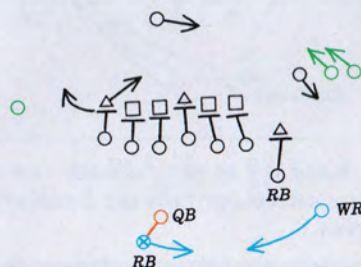
The Flea Flicker play is one of the most exciting and dangerous plays a team can use. If the defense reacts incorrectly, this is a sure long gain, but if they guess correctly you will be looking at a big loss.

1



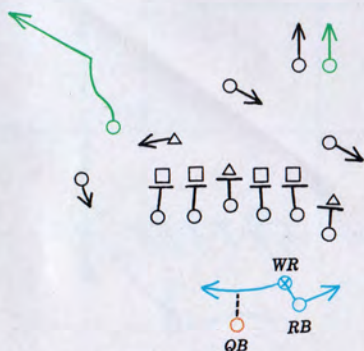
*The Flea Flicker works best against man coverage, so check the defense before taking the snap.*

2



*The quarterback hands off to the running back swinging to the right, and then fades back...*

3



*The running back then hands off to the wide receiver, who quickly laterals...*

4



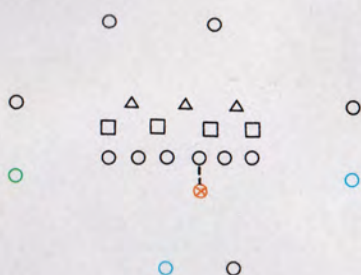
*back to the quarterback. The other wide receiver should be all alone... TOUCHDOWN!*



# THE DOUBLE REVERSE

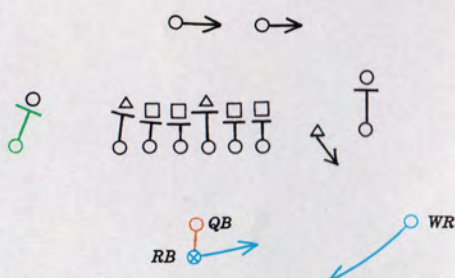
The Double Reverse is designed to beat defenses who over pursue on the sweep play. It is very risky, but can go for big yardage if it works.

1



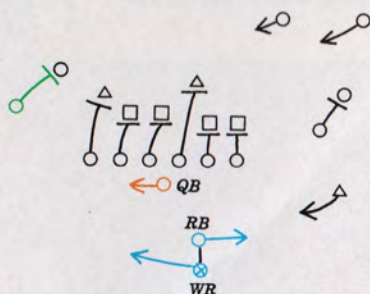
*The key to this play is to get the right defensive end and right linebacker to pursue to their left.*

2



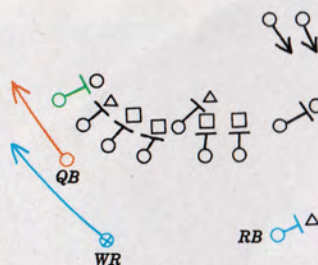
*The quarterback hands off to the halfback as if they are running a sweep right.*

3



*The running back then hands off to the wide receiver who is running to the left.*

4



*If the defensive players all pursue left, the wide receiver will have open field ahead of him.*



*The contents of this Play Book are confidential. Discussing these plays with the opposition could result in monetary fines, suspension, and/or having to go to bed without any dinner.*